

SELF-EXPERIMENT ACTIVITY TRACKERS

Dear students! We have provided a waterproof Activity Tracker for you, which you should wear around your wrist for a whole week. Please fill out the below-mentioned questionnaire faithfully. Pay attention to answer question 2 and 3 daily. Before starting the fitness project, download the required app onto your phone. We hope this self-experiment will be conclusive and exciting for you!

1. How many steps do you think you do a day? (Side information: according to WHO 10.000 steps are recommended per day) _____ steps.
2. How many steps did you do today? Please fill in the required data in the table daily and determine the total sum as well as the average amount of steps.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Average amount of steps a week (Divide the sum with the amount of days)							

3. How many hours did you sleep today? Please fill in the required data in the table daily and determine the total sum as well as the average amount of hours.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Average amount of hours a week (Divide the sum with the amount of days)							

4. Did your daily routine (especially your activities) change due to wearing the Activity-Tracker?
 - Yes, because _____
 - No.

5. How do you feel after doing this self-experiment?

- more athletic
- more rested
- healthier
- the same
- worse
- other _____

6. Data of person: Gender: f m
 Age: _____ years
 School year: _____



Thank you for your participation! 😊